

Chemotherapy

Mashkihki kaa-aapatak Kihci-aahkosiiwinik

Your doctor has told you that you need chemotherapy. You may be worried about how the chemo will make you feel. You are not alone. Many people worry about this.

People experience the side effects from chemotherapy differently. Here are some tips to help you manage your side effects:

- Take your medications as prescribed.
- Make a list of any questions you have and write down how you felt after your treatment.
- Talk with your nurse or doctor about how you felt and ask your questions. They can make changes for the next treatment to make it better.

Kimashkihkiwininiim kiwiintamak mashkihki kaa-aapatak kihci-aahkosiiwinik ci-miinikooyan. Kimikoshkaadendaan aaniin ke-ishishkaakoyan mashkihki. Kaawin kipeshikohsiin. Mishiin awiyak omikoshkaadendamihikonaawaa.

Baahpakaan Otishi-nisitawendaanaawaa mayakishkaakewinan awiyak kaa-miinitwaa mashkihki kihci-aahkosiiwinik. Oneniwan kaa-niibidesinahikaatekin ke-ishi-naakatawaapatamanin:

- Maamayaam ishi-odaapinanin kimashkihkiiman kaa-ishi-onatamaakooyan.
- Niipidesinahanin kakwetwewinan miina masinahanin aaniin kaa-inamacihoyan kaa-ishkwaa-natawihikooyan.
- Ayamihi mashkihkiwihkwe naanta mashkihkiwinini aaniin kaa-inamacihoyan ekwa tahsh kakwetwen. Okakii-maamiinwadoonaawaa kinatawihikoowin ahpii miina natawihikwaa.

What is chemotherapy?

Chemotherapy is also called chemo. It is medicine used to treat cancer. Chemotherapy may be given alone. It can also help treatments like surgery or radiation work better.

Kekonen ihiwe chemotherapy kaa-ishinihkaatek?

Chemotherapy kaa-ishinihkaatek kaye ishinhkaate chemo. Mashkihki ihiwe kaa-inshinihkaate kaa-aapatak kihci-aahkosiiwinik. Mashkihki takii-beshikoo-aapatan. Natawihiwewinik kaye takii-ishi-aapatan taapishkooc maacishiwewinik naanta kaye cahkkaasikewinik.

Chemotherapy

Mashkihki kaa-aapatak Kihci-aahkosiwinik

How does chemotherapy work?

Chemotherapy can:

- stop cells from growing and dividing
- stop cancer cells from travelling to other areas of the body
- slow the growth of cancer cells
- shrink cancer before surgery

Chemotherapy works on the whole body so healthy cells can be affected too. This is why you may have side effects. Healthy cells will repair themselves with time.

Side Effects of Chemotherapy may include:

nausea and vomiting *
mouth sores *
appetite changes *
fatigue *
hair loss
fertility issues
infection
diarrhea *
constipation *

* Indicates translated information is available

Remember: You may or may not get some of the side effects from chemotherapy.

Aaniin tahsh enanohkiimakak mashkihki?

Mashkihki takii-:

- kipitinikemakan kaa-oci-nitaawikik miina kaa-oci-bahpakeyimakak
 - kipitinikan kaa-oci-oshohomakak kihci-aahkosiwin ekaa baahpahkaan ci-ishaamakak miyawik
 - ci-niikinikemakak ekaa ci-misdeyimakak kihci-aahkosiwin
 - ci-acoonikemakak kihci-aahkowiwinik mwaye-maacishowaniwak
- Mashkihki ihiwe kaa-aapatak misiwe piko ishi-anohkiimakan miyawik. Amihiwe kaa-oci-mayakishkaakoyan. Mino-ayaawishkaakewinan ta-waweshihitsoomakanoon.

Kaa-ishi-mayakishkaakemakak Mashkihki:

nedwamacihowin kaye baahpakomowin *
omiikiiwihsewin midoonik *
wiihsiniwin kaa-maamiishkicihsek*
caakiiwamacihowin *
pashkoshtikwaanehsewin
awashihshhiikewin ishihsewinan
miniiwihsewin
kishiwashkadewin*
kibwahakaciiwin *

* kaa-kihkinawaatasinahikaatekin ineniwan takwanoon inwetamaakewinik

Ishi-kihkendaman: Amihiwe ke-ishi-kihkendaman
ci-mayakishkaakoyan mashkihki naanta kaye iitok ekaa ci-mayakishkaakoyan.

Chemotherapy

Mashkihki kaa-aapatak Kihci-aahkosiwinik

How is chemotherapy given?

Chemo is most often given by a needle into a vein (IV or intravenous). When the chemo treatment is finished the needle is removed. Sometimes a thin tube is inserted into a vein and is left in for all your treatments. This is called a PICC or PORT. Chemo is also given by:

- mouth (pill or liquid)
- needle into a muscle (injection)
- rubbing onto the skin (cream)

How often will I get chemotherapy?

Chemo treatments are often called cycles. The number of treatments or cycles given depends on each person's cancer. Treatments may be given:

- daily, weekly or monthly
- continuously by a pump that you wear home

Aaniin endoocikaatek Kaa-aapatak Mashkihki?

Ciishtawhaakanoo wawiya omiskweyaabiik kaa-miinaakanoooc mashkihkini eskam kaye akootamawaakanoo. Ekwa tahsh ahpii kaa-kiishicikaatek natawihewin kiicikonikaate shaaponikan. Eshkam pimaashikawinikan pitinikaate miskweyaabiik ekwa amihi enakocikaatek inikok ke-pimi-natawihikooyan. Amihiwe ishinihkaatek PICC nanta PORT. Ekwa kaye ihimaa oci-pakitinikaate:

- misiwepancikewin
- ciishtahikewin
- shishoonikewin

Aayaanahpii ke-aapacitamoonikooyaan mashkihki?

Amihiwe kaye eshinihkaatek (cycles). Nanaaka piko tashwaa natawihwaaniwan aaniin iko kaa-ishi-baahbeshikowaac awiyak kaa-kihci-aahkosiwaac. Kaa-ishi-pakitinikaatekin Natawihewinan:

- kaa-kiishikaak, kaa-pimikonakaak naanta mekwaac kaa-pimakisoc piihsim
- nashine piko ihiwe kaa-kikishkmoohikooyan kaa-ishi-taayan

Chemotherapy

Mashkihki kaa-aapatak Kihci-aahkosiwinik

How long does chemo take to give?

Chemo treatments can take a few minutes, several hours or a few days.

Where will I get chemotherapy?

Chemo is usually given in the cancer clinic and you go home the same day. Some treatments are only given in a hospital and you need to stay overnight or longer.

Aaniin minikok pimiikhikaatek maskihki Kaa-miikiwaaniwak?

Acina piko pimiikhikaatewan natawihiwewinan ekwa miina aatiht mishiinwaa e-waahkaahsek naanta eshkam nihso-kiishikaa.

Aanti ke-tashi-miinikooyaan mashkihki?

Kihci-aahkosiwin kaa-tashi-pamicikaatek ekwa amii piko beshikwan e-kiishikaak ka-kiiwe. Aatiht natawihiwewinan aahkosiwikamikok ehta tashi-natawihawaaniwan ekwa tahsh kikanawenimikoo beshiko-tibihkaa naanta eshkam awashime.